



Enlighten Self & Spread Love Through Sahaja Yoga

Divine Mission Kashmir & Sahaja Yoga

Objective & Vision: We are a team of Sahaja Yoga Meditation practitioners. We have benefitted immensely by the practice of this meditation technique and therefore we like to spread the peace and joy where ever we can!

This month we chose Kashmir to spread our love. No doubt that nature has endowed Kashmir with implausible beauty and is rightly called “Paradise on Earth”. We, Sahaja Yogis, believe that we can actually make it more heavenly by introducing this ancient wisdom of spirituality to the citizens here in Kashmir.

Already the ground work of this divine mission has been done by Maharashtra Sahaja Yoga Team and it is our effort to continue with their hard work of spreading peace and love in the valley that has suffered so much because of hatred and fanaticism. Sahaja Yoga Trusts have also given us full support to carry out this noble mission of fulfilling Mother’s dream of spreading Sahaja Yoga worldwide.

Myths & Facts : Although we were warned in many ways about the unrest in these parts of the country but surprisingly we found that people here are very friendly and they welcomed us with open arms. We had the good opportunity to interact with the Zonal Education officers of various districts here and they all gave us permission to conduct the Meditation sessions for their students. We have been here for last nine days and we have already taken Sahaja Yoga meditation sessions in more 40 schools giving self-realization to around 6000 students and 500 teachers.

We have distributed leaflets and a booklet in Urdu & English, that mainly covers the similarities of different religions worldwide, that was accepted very gracefully by the learned members of the society.

Request & Expectations: We have plans to approach all the Education Officers of the 10 districts and we are sure that they will give us permission to spread the love, peace and joy that we have been successfully doing so far. But in order to continue this divine mission we need more volunteers to take the time out and participate with us in this divine mission. In order to truly make this mission successful, we plan to cover all the schools, colleges and Universities here which will take a minimum of three years of continuous participation from our side. Thus we will need Sahaja volunteers to come in batches and teach them about Sahaja Yoga Meditation. Once we train and empower the teachers and professors of schools and colleges, then we can go further and establish some district wise Meditation Centers here where parents and others from all walks of life can also visit and learn this art of manifesting pure joy & peace in their lives.

It is time we wake up humanity from its deep slumber of ignorance and spread the power of divine love. Do join us in our divine mission.

Sahaja Yoga – Return to the roots

The ancient craft of Yoga comes at a time when the world is faced with growing turmoil and uncertainty. The ongoing economic crisis, ecological problems, and population pressures have



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created a period of deep unease in many parts of the world, which is why so many have found it necessary to return to the roots of our spiritual ancestry to try and find solutions.

Sahaja Yoga is Transformational

Sahaja Yoga goes far beyond a few mantras and some physical contortions. It delivers an experience of real awakening of consciousness through a connection with the All-Pervading Power that has created the entire Cosmos and everything around us. The system of the awakening of this power of connecting with the Divine is already inbuilt in our being from birth. *Sahaja* means 'born with you' and *Yoga* means 'union of spirit (*nafs*) with the Divine.' But this power remains in a slumber state and can only be wakened when pure desire is expressed in the heart. And this has been made possible since the time the unique meditation called Sahaja Yoga Meditation was introduced to the world in 1970 by Her Holiness Mataji Nirmala Devi - one of the most loved spiritual teachers of the world, who dedicated her life to bringing the power of enlightened self-knowledge to the world.

Sahaja Yoga: Self-Realisation and Inner Peace

Sahaja Yoga is a unique method of meditation that lets you discover inner peace. Sahaja Yoga begins with an experience that is effortless, and spontaneous. With this very first experience known as Self-Realisation, you gain a new dimension in your awareness and witness the absolute truth. You have within you a system of energy centers (*Chakras*) and channels (*Nadis*) that govern your physical, emotional and spiritual well-being. You can use Sahaja Yoga to awaken your inner primordial spiritual energy (*Kundalini*) to attain self-realisation. Sahaja Yoga gives you a state of balance of your inner being that helps alleviate all your problems.

After learning the basics of meditation and achieving thoughtless awareness, each practitioner embarks on a personal journey of discovery through meditation, from which all the physical, mental, and emotional well-being comes. There are no exams, timetables and catchy marketing slogans, just the meditation and the deep, inner silence it delivers.

Sahaja Yoga Imbibes the Truth of All Religions

Sahaja Yoga imbibes the truth of all religions yet it transcends the practitioner to a higher realm of enlightened consciousness. This is how Sahaja Yoga has reached over 140 countries and the practitioners of all faith have found inner peace and are discovering for themselves how their lives can be transformed with just a few minutes of meditation each day. No money is ever charged for the classes, and each practitioner is encouraged to explore this most profound experience at their own pace.



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Anybody can do it.

Practice for a few days and you should witness positive changes within yourself. Once you start meditating regularly, there is a wide range of benefits you can tap into – from stress reduction, strengthening attention, improving memory, and boosting confidence to attaining higher spiritual awareness.

Sahaja Yoga has the power to change not just individual lives, but communities, regions, countries, and the whole world. Her Holiness Mataji's work and her vision continue wherever there is a need for spirituality to restore genuine love and humanity and bring peace and improvements to traumatic lives.

Her Holiness Mataji Nirmala Devi – The Founder of Sahaja Yoga

Hers was a life unlike any other. Whether walking with kings or walking barefoot with Gandhi, it was a journey of extremes managed effortlessly, living as she did with grace, dignity, and loving guidance.

Born of a royal dynasty, she conferred as a child with Mahatma Gandhi, living for a time in his ashram, was a medical student and a freedom fighter, was an adored mother, grandmother, great grandmother, and the wife of a distinguished diplomat who himself was decorated by the kings and presidents of innumerable countries and knighted by the Queen of England. But incredibly, after all this, with her family grown and settled, she then embarked on an even more extraordinary mission.

Shri Mataji was born to Christian parents in India. Spiritually enlightened, she knew from very early on that her unique spiritual gift must be made available to everyone. And so it was that in 1970 she founded Sahaja Yoga meditation, which she shared freely. Using simple techniques, she discovered a unique process of Self Realisation through which huge masses of people could easily achieve the peace of true meditation. She charged no money and instead insisted this was a birth right that should be available to all who desired it, at no cost.

She has said, **“There can be no peace in the world until there is peace within”**.

Thus began the next outstanding stage of her life: for the next forty years, she continuously travelled the globe teaching meditation; was a loved and loving spiritual leader, acclaimed public speaker, gentle guide, philanthropist, Nobel peace prize nominee, and recipient of numerous awards and commendations worldwide. Extending her care and compassion ever further, in India she established a holistic health and research centre in Mumbai, a charity house for destitute women and children in Delhi, and an International Music Academy in Vaitarna to promote classical music and arts.

Regardless of race, religion, age, or status, probably millions of ordinary people have now learned how to tap into their inner spiritual power through Sahaja meditation, helping to find balance in their lives.